

SONAM GURUNG

Kitchen Helper / Assistant Cook



- +971562746882
- sonam12grng@gmail.com
- Al qouz, Dubai, UAE

SUMMARY

I am Sonam Gurung, an enthusiastic, resourceful and hard worker. My objective is to apply my abilities in the day-to-day function of the kitchen service team and maintain high quality services which ultimately lead to client satisfaction. I am an eager and fast-learner willing to follow instructions to the mark. I also aim to comply with all standards and policies applicable to my duties. My years of experience as kitchen worker honed my skills in delivering kitchen services. To improve my productivity, I am willing to attend training and seminars relevant to my duties. With this said, I am confident that I could be a useful talent to the company.

SKILLS

- Time Management - Experienced
- Food handling and sanitization - Expert
- Team Player - Experienced
- Problem solving skills - Experienced
- Stock management - Experienced
- Strong command in both Nepali and English Language - Experienced
- Front Line Cook - Experienced
- Prep Cook - Experienced
- Good knowledge of kitchen safety and sanitation standards - Experienced
- Ability to perform several cooking methods such as frying, steaming, poaching, sautéing and roasting - Experienced

EDUCATION

School Leaving Certificate (SLC)

Pasupati Awasiya Mavi / Urlabari / April, 2004 - May, 2017

Higher Secondary Education (+2)

Bhrikuti Model Academy Secondary School / Urlabari / June, 2019 - November, 2020

EXPERIENCE

Kitchen Helper

Hotel Wonderland / Damak / February, 2018 - January, 2020

Cleaned and sanitized work areas, equipment, utensils, dishes, or silverware.

Prepared a variety of foods, such as meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures.

Taken and recorded temperature of food and food storage areas such as refrigerators and freezers.

Washed, peeled, and cut various foods, such as fruits and vegetables, to prepare for cooking or serving.

Washed dishes and cookware, cleans tables and floors, empties trash. Maintained a clean working environment.

Cleaned kitchen, kitchen equipment, and all dishes daily.

- Knowledge and Experience of Kitchen Devices - Experienced

LANGUAGE

English	● ● ● ● ○
Nepali	● ● ● ● ●
Hindi	● ● ● ● ○

Asistant Cook

Latte Da Cafe / Urlabari / May, 2020 - Present

Prepared food and beverages as per quality, taste and presentation standards.

Managed safe storage and rotation of food products.

Managed kitchen expenses within assigned budgets.

Ensured to follow health and safety procedures at all times.

Informed Manager about food shortages and equipment repairs.

Maintained work areas safe and organized.
Prepared a variety of foods according to customers' orders or supervisors' instructions, following approved procedures.

Placed food trays over food warmers for immediate service or stored them in refrigerated storage cabinets.

Followed food safety procedures according to company policies and health and sanitation regulations.