

Fritz Akime
Chef | Pastry | Hot & Cold Kitchen
Dubai, UAE | +971 55 603 7295 |
akimeewang@gmail.com | Languages:
English, French | Nationality: Cameroon
Willing to relocate: Anywhere | Eligible to
work in UAE | Visa Status : Employment



Professional Summary

Experienced and versatile Chef with expertise across Pastry, Hot, and Cold kitchens. Strong background in food preparation, staff management, and maintaining food safety standards. Proven ability to deliver high-quality dishes, manage kitchen operations, and create diverse menus with a focus on health-conscious and innovative cuisine.

Work Experience

Chef | Zdarovii Russian Cuisine, Dubai |2022- Present

Categories of menu prepared include the following.

- **Breakfast** (Semolina porridge, Rice porridge, Oatmeal porridge, Buckwheat porridge, Rye bread with jam, fried egg, different omelets with slice bread and vegetables and sauce.)
- **Hot appetizers** (Russian chebureki with sauce, Draniki with sauce, Russian Steam Manti with sauce, Russian pelmini, Russian samsa with different fillings, Veraniki with different fillings and sauce, Julien S Gribami, Russian meat ala Francois.)
- **Soups** (Russian Borscht soup, Chicken noodle soup, Meat ball soup, Russian solyanka soup, okroska soup, Russian svekolnik soup, pumpkin soup, Mushroom soup.)
- **Salads** (Olivier salad, Vinegrate salad, Herring salad, Beet salad, Pickled cabbage salad, Carrot salad, Shakarob salad, Archichuk salad.)
- **Blinis/Russian Pancakes/Crepes** (Russian Plain blini, blinis with different fillings e.g. Meat, chicken, cheese, potato and mushroom, chicken and mushroom, cherry, strawberry, blueberry, chocolate with banana)
- **Pastry/Bakery/ Pirozkis(Pies)** with different fillings e.g. (Meat, Cabbage, Cabbage with egg, Rice with egg, Chicken with mushroom, Potato with mushroom, Cherry, Strawberry, Cheese, Potato with meat, Lepeshka bread, Rye bread)
- **Cold Appetizers** (Beef tongue, Eggplant rolls, Holodec)
- **Main Course** (Baked salmon with Lemon Sauce, Beef stroganoff, Beef cutlets, Uzbek Plov, Chicken cutlets, Chicken Kiev, Russian tefteli meatballs, Cabbage rolls with rice and meat, Beef Goulash, Hot pan)
- **Grills** (Beef skewers, Chicken skewers, Lamb chops, Lamb skewers, Lyulya kebab, Mixed grills, Grill chicken with vegetables.)
- **Deserts** (Banana cake, Apple pie, Cheese cake, Cherry galette, Strawberry Galette, Tiramisu, Honey cake, Chocolate walnut cake, Russian Syriniki.)
- **Side dishes** (Boiled rice, Buckwheat boiled, French fries, Grilled vegetables, Home-style potato, Mashed potato, Boiled potato, Golden crispy potato)
- **Sauces** (Adjika sauce, Tomato garlic sauce, Mustard sauce, Sour cream.)

- **Sweets and Dips** (Nutella dip, Cherry dip, Strawberry dip, Blueberry dip, Condensed milk dip.)
- **Fresh Juice** (Raspberry juice, Cranberry juice, Apple juice)

Chef | Kcal Healthy Fast Food (Gluten Free and Sugar Free Menu) | intercontinental Dishes, Dubai 2019-2022. This is a central kitchen involving Nine sections (pastry, hot, cold, juice, butchery, portioning, packaging, dispatch sections.)

- **Pastry** (breakfast e.g. Chia seeds puddings, protein oats puddings with different flavors and sauces, Muffins, snacks, protein bites and cookies, keto and Vegan pastry)
- **Hot** (breakfast e.g. omelets with different fillings, Grills, different chicken and beef marinations, different sea food marinations, burgers and sandwiches, mediterians, keto and vegans and sauces Lasagnas, different pastas, mini pizzas.)
- **Cold** (Fruits salads e.g. mimosa, radiance, mix fruits salads, vegetable salads e.g. Caesar, Greek, mango, strawberry, tabular, chicken and avocado salads, roasted and crunchy mushroom salad, quinoa salads with dressings.
- **Side dishes** (White rice, brown rice, roasted potatoes, mashed potatoes, spaghetti and pastas.)

Demi Chef De Partie | Aik Bistro, Volgograd, Russia | Feb 2016 – Jan 2017

Education

BSc in Geology / Petroleum Engineering | University of Buea, Cameroon | Oct 2012 – Dec 2015

Skills

- Food preparation & plating
- Pastry, Hot & Cold kitchen expertise
- Menu planning & recipe development
- Inventory & budget management
- Food safety & hygiene compliance
- Staff training & supervision
- Strong knife skills & sauce preparation

Certifications

Basic Food Safety Training Certification | Valid: Mar 2023 – Mar 2028

- Hazard control and prevention of foodborne illnesses
- Temperature control across all food storage and preparation stages
- Cross-contamination prevention, hygiene, and pest control
- Cleaning and management of high and low-risk zones