

# CV cuisinier en anglais

## **Personal information:**

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## **Profile Summary:**

I have seven years of professional cooking experience and would love to work in restaurant that values team work and presentation, where I will be able to fully utilise my creativity and passion for food. My main motivation is to develop a career in the hospitality industry and discover a new work environment.

## **Objective:**

Seeking a short/long-term position as a cook in a good restaurant with excellent food and contribute with my culinary expertise and french touch in preparing outstanding dishes to provide customers with an exceptional dining experience.

## **Key Skills:**

- Eight years of professional experience in a wide array of working environments
- Knowledge of kitchen and food preparation standards
- Good communication and public relations skills
- Ability to work independently or in a team environment
- Strong ability to lead and train staff and coordinate activities
- Specialty in Italian and French food
- Very good knowledge of international wines
- Experience in baking and pastry preparation
- Strong knowledge of food preparation techniques and presentation methods
- Able to prepare food for people with allergies
- Commitment to clean and sanitize work environment, equipment, and utensils
- Ability to communicate English, Spanish, and French

## **Education:**

- 2003 – High School of Gastronomy (Bordeaux)
- 2005 – Hospitality Institute (Lyon) Specialized in french cuisine

## **Work experience (ou Career Experience/Job History):**

Cook

Restaurant Chez Louis, Paris (FRANCE)

2012 – Present

Duties (ou responsibilities):

- Prepare and cook all foods in accordance to recipes
- Cooking meals to order, on time and well presented
- Assisting the head chef
- Maintaining high standards of food, hygiene, and health and safety
- Contacting suppliers and ordering vegetables, meats, kitchen and cleaning equipment
- Helped to improve the efficiency of the food ordering and storage system, resulting in less wastage and a nine per cent savings in food costs for the restaurant

### **Cook**

Italian Restaurant Ti Amo, Paris (FRANCE)

2010 – 2012

Duties (ou responsibilities):

- Cook and prepare all dishes, including traditional Italian dishes and pastry
- Updated and improved the existing menu
- Supervising food service assistants and kitchen staff, organising their daily duties and monitoring performance
- Checked and monitored the freshness of all foods
- Make sure about stock rotation
- Maintain kitchen in clean and sanitary conditions

### **Casual cook / waiter**

Sam&Dave Café / Blarney Stone Pub

2008 – 2010

Duties (ou responsibilities):

- Worked in different restaurants and pub while travelling around New Zealand and Australia
- Prepared all foods according to recipes
- Operated stoves, grills, and fryers
- Cooking specific meals according to any clients allergies
- Developed skills in cooking, waiting and general customer service for the international food/hospitality industry
- Cleaning of working areas, tables and cooking utensils

### **Cook trainee**

Au cochon qui fume, Lyon (FRANCE)

2006 – 2008

Duties (ou responsibilities):

- Prepared dishes using traditional recipes
- Regularly checked all food items to ensure quality and freshness at all times
- Worked together in a team oriented environment to produce foods in a neat and appetizing manner
- Helped create menus and maintain food inventory
- Kept all work stations and equipment as clean as possible at all times
- Gained special skills in French south-west cuisine cooking, meat cutting, and butchery

**Kitchenhand**

La Bonne Cuisine, Paris (FRANCE)

August 2005 – July 2006

**Duties (ou responsibilities):**

- Food preparation: washing, cutting and preparing food before it is cooked
- Wrap all fresh foods for proper storage
- Responsible for making special dressings for sandwiches and salads
- Measuring and weighing ingredients
- Kitchen cleaning and dishwashing
- Ensuring that appropriate levels of hygiene and cleanliness are maintained in the kitchen
- Responsible for various other duties as assigned

**Additional information:**

- Languages: french (native tongue), english (fluent), spanish (notions)
- Hobbies and interests: travel, wine and french cuisine

**References:**

Available on request