



Keyar Singh Gurung

EXPERIENCE

January 2023 - November 2024

SOUS CHEF The Heritage Hotel Autograph Collection | Dubai, United Arab Emirates

- Oversaw kitchen employee scheduling, meeting all coverage needs and avoiding wasted labour.
- Plated food according to restaurant artistic guidelines for an attractive presentation.
- Supervised all kitchen food preparation, operating in demanding, high-volume environment.
- Assessed portion control measures, evaluating resizes based on budgets, dish cost and previous waste.
- Collaborated with the Head Chef to refine and update the menu, keeping offerings fresh and aligned with current culinary trends.
- Assisted head chefs in staff training, including teaching best practices, kitchen operations and menu training.
- Kept up-to-date on current allergen information, monitoring orders to accommodate dietary restrictions.
- Designed seasonal menus in collaboration with Head Chef, focusing on sustainable and local ingredients to enhance dining experience.
- Maintained meticulous records of kitchen expenses, stock levels, and staff schedules to ensure smooth operation.
- Monitored food costs closely, implementing cost-saving measures that reduced expenses without affecting menu quality.
- Recorded waste on company inventory system to account for stock loss.
- Pre-prepared food ingredients for each shift, chopping vegetables, mixing marinades and stocking garnish stations.
- Monitored kitchen cleanliness enforced adherence to procedures in alignment with company policies and HACCP plan.
- Implemented health and safety protocols in the kitchen, ensuring compliance with food hygiene regulations and standards.
- Ensured meal quality and portion sizes stayed consistent through regular assessments before delivering to customers.
- Products high-quality, first-class dishes, both taste and plating presentation.
- Supervised work of cooks and kitchen helpers helping to keep kitchen running smoothly.
- Planned menus for daily use, special events and seasonal promotions.
- Enforced health and safety standards for food storage, preparation and handling.
- Talked to customers about dietary issues and food allergies to prepare meals to individual needs.
- Ordered supplies based on expected demand to keep stock within optimum levels.
- Assisted head chefs in developing creative and innovative menus for starters, mains, desserts and sides.
- Created kitchen rotas, planning based on busy restaurant periods, required cover and budgets.

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SUMMARY

Seeking a responsible career where my abilities can be highly utilized in a growth-oriented and professional environment. To achieve organizational goals and reach the pinnacle of success in the spirit of teamwork by utilizing my educational background and skills. Culinary professional with experience in managing kitchen operations, ensuring high-quality food preparation, and maintaining hygiene standards. Focuses on coordinating with chefs, training kitchen staff, and monitoring inventory to support smooth service and customer satisfaction. With solid foundation in culinary techniques and love for creating delightful dishes, I bring creativity and teamwork to kitchen. Adept at managing time efficiently and maintaining high standards of cleanliness. My strong communication skills ensure smooth coordination with team members and contribute to positive working environment. Always eager to learn and grow, I am ready to take on new challenges and support head chef in delivering exceptional dining experiences. Experienced in creating innovative and enticing dishes while maintaining high kitchen standards. Brings flair for teamwork and

thrives in fast-paced environments, ensuring every meal exceeds expectations. Well-versed in menu planning, ingredient sourcing, and training kitchen staff.

SKILLS

- Waste reduction
- Food preparation techniques
- Conflict Resolution
- Stock control and ordering
- Special requests
- Plating
- Waste reduction strategies
- Schedule management
- Kitchen hygiene management
- Staff scheduling
- Kitchen staff rotas
- Documentation
- Computer literate
- Attention to Detail
- Staff leadership
- Budget control
- Food preparation
- Hazard analysis and critical control points (HACCP)
- Quality Assurance (QA)
- Positive and professional
- Menu development
- Quality Assurance
- Staff training
- High-quality ingredients
- Food and dish quality inspections
- Compliance
- Creativity
- Health and Safety Compliance
- Stock control
- Portion control
- Motivational team management
- Portion and cost control
- Produce purchasing
- Grilling and deep frying skills
- Culinary trend awareness
- Recipes and menu planning
- Food Hygiene
- Sanitation guidelines
- Performance assessments
- Food safety awareness
- Food inventories
- Cooking
- Quality Control Analysis
- Cleaning and sanitizing methods
- Food Hygiene Certification
- Just In Time stock control
- Meal preparation

- Devised tasty dishes using popular recipes, delighting guests and generating return business.
- Maximised customer satisfaction and team performance through command-based structure.
- Supported junior chefs with tasks as required, including ingredient preparation, line cooking and plating.
- Negotiated with suppliers to obtain the best quality ingredients at competitive prices, improving profit margins.

April 2017 - December 2022

JR: SOUS CHEF Manzil Hotel, Main Kitchen (Emaar Hospitality Group) | Dubai, United Arab Emirates

- Plated food according to restaurant artistic guidelines for an attractive presentation.
- Supervised all kitchen food preparation, operating in demanding, high-volume environment.
- Helped staff adhere to tough restaurant requirements through effective discipline and motivation.
- Led a team of junior chefs, providing training and guidance to improve skills and foster a collaborative work environment.
- Maintained meticulous records of kitchen expenses, stock levels, and staff schedules to ensure smooth operation.
- Supported head chef with training and mentoring new kitchen team members.
- Products high-quality, first-class dishes, both taste wise and plating presentation.
- Designed seasonal menus in collaboration with Head Chef, focusing on sustainable and local ingredients to enhance dining experience.
- Monitored food quality, reviewing plating and presentation to maintain highest quality standards.
- Assisted head chefs in staff training, including teaching best practices, kitchen operations and menu training.
- Pre-prepared food ingredients for each shift, chopping vegetables, mixing marinades and stocking garnish stations.
- Monitored kitchen cleanliness enforced adherence to procedures in alignment with company policies and HACCP plan.
- Collaborated with the Head Chef to refine and update the menu, keeping offerings fresh and aligned with current culinary trends.
- Ensured meal quality and portion sizes stayed consistent through regular assessments before delivering to customers.
- Ensured kitchen operations stayed running smoothly by delegating tasks and priorities to chefs in an effective manner.
- Kept operations running smoothly and efficiently by keeping workspaces organised, clean and ready for service.
- Kept up-to-date on current allergen information, monitoring orders to accommodate dietary restrictions.
- Implemented health and safety protocols in the kitchen, ensuring compliance with food hygiene regulations and standards.
- Received deliveries and assisted with proper storage and stock rotation to reduce spoilage.
- Planned menus for daily use, special events and seasonal promotions.
- Supervised work of cooks and kitchen helpers helping to keep kitchen running smoothly.
- Ordered supplies based on expected demand to keep stock within optimum levels.

September 2013 - March 2017

CHEF DE PARTIE Manzil Hotel, Main Kitchen (Emaar Hospitality

Group) | Dubai, United Arab Emirates

- Assisting in the food preparation process
- Cooking and preparing elements of high quality dishes
- Preparing and cooking meal for a la carte, preparing the butchery items and banquet events as a team leader
- Preparing vegetables, meats and fish
- Assisting other Chefs
- Helping with deliveries and restocking
- Assisting with stock rotation Cleaning stations
- Monitors kitchen equipment and reports issues to superiors
- Continually develops culinary knowledge to produce high-quality meals
- Measures, mixes, and prepares meal ingredients, sauces, and seasonings
- Washes, chops, and cuts fruit, meat, and vegetable items
- Assesses inventory and requests resupply when necessary
- Plates meal items under the chef de partie's supervision
- Disposes of spoiled items and adheres to sanitation policies
- Maintaining various inventories
- Train room attendant & houseman for maximum productivity & standards of efficiency
- Check all safety systems on the allotted floor
- Follow-up on maintenance orders sent to Engineering sign for work completed

April 2008 - August 2013

DEMI CHEF DE PARTIE Southsun Hotel, downtown, Dubai | Dubai, United Arab Emirates

- Assisted in catering for special events, tailoring menus to meet client preferences and dietary requirements.
- Monitored the freshness of food and ingredients, liaising with suppliers for the best quality produce.
- Provided mentorship to commis chefs, offering guidance in cooking techniques and kitchen management.
- Skilfully managed simultaneous orders, delivering consistent quality under high-pressure situations.
- Offered creative input on new dishes, suggesting enhancements or additions according to market trends, seasons or requests.
- Sliced fruit and vegetables for various menu items and stored for later use at proper temperatures.
- Safely operated kitchen equipment, including industrial size mixers.
- Planned dishes to reduce food costs and maximise gross profits.
- Delegated jobs to junior chefs and apprentices and offered support when necessary.
- Maintained high standards of kitchen hygiene, cleanliness, and organisation, meeting rigorous health and safety guidelines.
- Coordinated work of kitchen helpers keeping spaces clean, stocked and tidy.
- Worked with experienced chefs to learn requirements of different cooking stations and dishes.

January 2005 - March 2008

COMMIS CHEF Habtoor Grand Hotel and spa (south American grilled kitchen) | Dubai, United Arab Emirates

- Preparing and organization the all Ala Carte mis-en-place
- Performed opening mise-en-place duties, maintaining professionalism of restaurant.
- Regularly conducted deep cleans of kitchen and storage areas to

maintain hygiene.

- Assisted head chefs with menu creation, exercising creativity and forward-planning skills.
- Adapted food preparation methods to meet vegan, vegetarian and gluten-free dietary requests.
- Prepared a variety of dishes under the supervision of the head chef, adhering to restaurant recipes and presentation standards.
- Modified recipes to accommodate customer needs and requests, increasing loyalty and satisfaction.

June 2002 - September 2004

COMMIS-2 Al Buhaira Hotel | Dammam, K.S.A., Saudi Arabia

- Credible excellent and responsible for the job
- Actively pursue for the success of food promotions, festival and event related activities
- Actively participate in ongoing trainings and briefing
- Deals complain of guest and take immediate action to ensure guest satisfaction
- Maintain and complete daily prep lists and tasks as assigned by supervisor
- Produce recipes efficiently and consistently
- Ensure portion necessities and portion control for all food functions are recipes, especially high cost items
- Monitored temperatures in refrigerators, freezers and warming lamps.
- Washed and peeled produce and prepared ingredients and equipment to support kitchen workflow.
- Helped prepare and plate dishes, adding condiments and garnishes to enhance presentation and meet quality standards.
- Monitored inventory storage areas and periodically rotated stock to move oldest products and support freshness.
- Managed kitchen cleaning duties to keep all areas and workstations organised, well-stocked and free from hazards.
- Supported head chef in meal prep tasks, chopping vegetables, and preparing sauces for efficient service delivery.
- Followed all rules and regulations related to safe food handling, preparation and storage.
- Managed inventory, conducted stock checks, and reordered supplies to maintain optimal kitchen operations.
- Assisted chefs by preparing simple salads, sandwiches and sides.
- Washed and put away cookware, utensils and dishes.
- Completed daily cleaning and restocking checklists to support kitchen operations.
- Disinfected food preparation areas for improved kitchen hygiene.

CUSTOM SECTION

Seeking a responsible career where my abilities can be highly utilized in a growth-oriented and professional environment. To achieve organizational goals and reach the pinnacle of success in the spirit of teamwork by utilizing my educational background and skills., Strong interpersonal & communication skills, Very good team managing skills & team working, Excellent interpersonal and communication skills., Ability to learn and work under pressure., Confident and good team player., Ability to learn quickly and adapt to changing environments and willingness to accept responsibilities., Well-rounded & Experienced Professional, Proven Team Player, Ability to deal effectively with multicultural environment, If given an opportunity to

perform for your company, from my end, I promise to offer a package of commitment, dedication and professionalism coupled with believing in the milestone of customer care, flair for initiative, good interpersonal skills with willingness to work an extra mile to achieve desired results., Pre-opening core team member of Habtoor grand resort and spa, Maintain congenial and cordial relationships on inter department activities., Increase job knowledge keeping in mind the globally a changing scenario in the industry., Be compatible and flexible to new ideas, concept and changes., Always maintains positive approach and sincerity in all job related keeping the guest experience as the top priority., Achieve excellence as a professional organization., Project at all times a positive, motivated attitude and exercise self control., Cost-containment in the department through conscious effort., Command over communication and interpersonal skill., Had a progressive growth from the basic stage., Remarkable track record in enhancing personal relations with the internal customers and in the organization as a whole.

EDUCATION

High School Diploma

School Leaving Certificate. (H.M.G.)

- Basic Computer Knowledge
- Personal hygiene by Johnson diversity.
- Fire training.
- Basic computer course.
- Basic first aid.
- PIC Training

PERSONAL INFORMATION

- Date of birth: 12/04/78
- Gender: Male
- Nationality: Nepalese

DISCLAIMER

I hereby declare that the particulars furnished above are true to the best of my knowledge and belief.

LANGUAGES

Hindi:  B2
Upper Intermediate

Urdu:  A2
Elementary

Nepali:  C1
Advanced

English:  B2
Upper Intermediate

Arabic:  A1
Beginner

HOBBIES AND INTERESTS

- Traveling
- Playing volley ball

- Music

REFERENCES

- Chef Mohamad Makki