

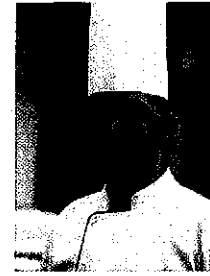
Chef
Sardakhar Sapkota

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Fremont, CA

(Authorized to work in the US for any employer)



PERSONAL SUMMARY

I am an ambitious, hardworking and commercially driven Chef who is striving to build a career in the culinary world. I am a high performer with proven track record of completing all culinary tasks on time, to the required specification and within budget. I have vast experience of working in many different culinary roles and settings, and of cooking wholesome, healthy and well-presented meals.

I've been fortunate to have worked directly with some of the world's leading hotels and restaurateurs. These industry leaders include:

- **Sky Chefs, San Jose, CA, USA** - <http://goo.gl/AYMpCA>
- **Ritz-Carlton (Doha), Doha, Qatar** - <http://goo.gl/eD0phH>
- **The Address Hotel (Emmar Hospitality Group), Dubai Mall, UAE** - <https://goo.gl/h1cLBW>
- **Holiday Inn (IHG Hospitality Group), Dubai, UAE** - <http://goo.gl/BDtNkt>
- **Seven Stars Resort, Grace Bay, Turks & Caicos** - www.sevenstarsgracebay.com
- **Blue Cilantro, Grand Cayman, Cayman Island** - www.bluecilantrocayman.com
- **The Third Eye Restaurant, Millbrae, CA, USA** - www.thirdeyesf.com
- **Spice & Ice, Gilroy, CA, USA** - www.thespiceandice.com
- **Tandoor Restaurant, Patiala, India**

Right now I am looking for a suitable position with a forward thinking company that offers a pleasant working environment and good career development opportunities.

CORE PROFESSIONAL STRENGTHS

- 10 years of overseas working experience in Asia, Middle East, Caribbean and USA has added a new dimension to my cooking style, with an understanding and appreciation for the management style, cuisines, and cultural backgrounds of the countries in which I've lived and worked.
- Extensive experience in opening new restaurants.
- Experience working as Head Chef, Chef de Partie, as well as working alongside other cooks.
- Experience supervising kitchen aids and line cooks.
- Specialty in ethnic cuisines: Indian, Arabic, Thai, Italian, Mexican etc.
- Polite, courteous, and professional with all customers, colleagues, and supervisors.
- Commitment to clean, safe, and sanitary practices and working environment.
- Familiarity and compliance with state and county food safety regulations and policies.
- Experience boiling, frying, basting, grilling, roasting, and broiling meats, fish, and vegetables.
- An outgoing and dynamic personality.
- Superb communication and interpersonal skills.
- Knowledge of and experience with wine, spirits, and liquors.
- Knowledge of checking freshness of raw foods.
- Ability to organize and prioritize workload effectively.
- Ability to clean and sanitize work environment, equipment, utensils, silverware, and dishes.
- Ability to work independently or in a team environment.
- Ability to measure, mix, weigh, prepare, and season ingredients in line with recipes.
- Proficient in: Microsoft Word/Excel.

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CAREER HISTORY

Arabic & Indian Specialty Cook

June 2015 - Present

Sky Chefs

San Jose, CA

- Cooked and prepared all foods, specialty in Arabic and Indian dishes.
- Kept kitchen and restaurant in clean, sanitary, and safe condition.
- Prepared and cooked food in keeping with their recipes.
- Checked and monitored the freshness of all foods.

Head Chef

February 2015 - June 2015

Spice & ice

Gilroy, CA

- Prepared menu, adjusted pricing, developed new recipes.
- Evaluated meals and food products to ensure that the highest quality standards are maintained.
- Cooked and served attractive meals made to individual requirements.
- Demonstrated cooking techniques and the correct use of equipment to staff.
- Oversaw the work of the junior catering staff to ensure that all duties are carried out correctly.
- Liaised with managers and kitchen staff regarding customers' orders.
- Made sure that leftover foodstuffs, waste and uncooked products were properly disposed of.
- Ensured that all administrative processes are followed and recorded as required.
- Carried out regular temperature checks on fridges, freezers and food storage areas.
- Maintained a safe kitchen area and hygienic working environment.

Tandoori & Curry Chef

May 2014 - February 2015

The Third Eye Restaurant

Millbrae, CA

- Prepared salads, soups, fish, meats, vegetables, desserts and other foods.
- Ensured that all stations are set appropriately.
- Processed and stored food items.
- Made sure that all kitchen staff was aware of standards and protocols.
- Managed rotation of food items in chillers.
- Ensured kitchen and working area's cleanliness.
- Maintained and ensured the quality of prepared and raw items.

Chef de Partie

December 2012 - October 2013

Seven Stars Resort

Grace Bay, Turks & Caicos

- Supervised cooks and managed the preparation, portioning, garnishing, and storage of all food items.
- Assisted in cooking and preparing of food.
- Maintained kitchen and storage facilities in sanitary condition.

Chef de Partie

November 2011 - December 2012

Blue Cilantro

Grand Cayman, Cayman Island

- Responsible for overseeing all aspects of food preparation.
- Reorganized kitchen operations and hired all staff including bar and wait staff.
- Created award winning cuisine that balanced taste as well as nutritional value.
- Assisted Executive Chef in the preparation of all catering engagements.

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Chef de Partie**September 2010 - June 2011****Holiday Inn (IHG Hospitality Group)****Dubai, UAE**

- Suggested supervisor on cost effective food items in inventory.
- Provided assistance in receiving ordered inventory items as needed.
- Ensured dirt-free, sanitized and completely organized cooking area.
- Supervised duties of staff were completed on time and in compliance with instructions given by Head Chef.
- Adhered to all established food quality and sanitation standards.
- Ensured all kitchen dishes reaching service tables comply with approved presentation standards.
- Avoided unwanted food waste by ensure apt check on control procedures.

Demi Chef de Partie**August 2009 to September 2010****The Address Hotel (Emmar Hospitality Group) Dubai, UAE**

- Attended daily lineup/briefing, cleaning and arranging all kitchen equipment, date labeling and rapping, updating, checking & preparing Mise-en-place.
- Prepared ordered dishes, keeping always high standard of cleaning and food hygiene at all time.
- Attended upcoming training like FMC, Fire Safety.
- Supported to senior when needed.
- Worked as a team of reducing of food coast by minimizing wastage as can as possible etc.
- Supervised cooking procedures at every step to ensure quality is maintained.

Commis Chef**January 2006 - May 2009****Ritz-Carlton (Doha)****Doha, Qatar**

- Ensured apt portions, chopping and storage of ingredients as needed for preparation of food items.
- Cleaned, peeled and plated fresh fruits and vegetables.
- Prepared ingredients with right weigh, measure and mix.
- Followed recipes meticulously to cook food keeping up with quality standards and presentation instructions.
- Used efficiently kitchen equipment including ovens, grills, fryers, stoves and microwaves.
- Inspected food preparations for quality and quantity.
- Served cooked food items in appropriate portions onto apt receptacles.

Assistant Cook**March 2003 - October 2005****Tandoor Restaurant****Patiala, India**

- Attended lineup, cleaning all kitchen and equipment.
- Washed all vegetables
- Helped seniors to make operation smoothly.

EDUCATION**10+2 (Higher Secondary) – with Hotel Management - 1999****Kathmandu Barsha H.S.S./College, Kathmandu, Nepal****INDUSTRIAL TRAINING**

1. Three month Culinary/Cooking Training in Ritz-Carlton, Doha (Qatar)
2. Basic Food Hygiene Training Conducted by SGS on 26th July 2007, Qatar

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3. HACCP Training Conducted by Q.N.H. Company W.L.L Doha, Qatar
4. Basic Food Hygiene Training Course (Boecker Food Safety Certification) - 18th August 2009 in The Address Hotel, Dubai Mall, Dubai, UAE

AWARDS AND ACTIVITIES

1. **One-year Service Commitment Award:** (January 2006-2007) - Ritz-Carlton Doha,
2. **DEPA Middle East Hotel of the year Award Certification:** (2006) - Ritz-Carlton Doha
3. **Best Dancer Award (Oscar Night) - Annual Employee Party** (2006) - Ritz- Carlton Doha

OTHER SKILLS

- Light Driving License
- Computer Basic Knowledge – Windows Office, Email, Internet.
- Dancing

Hobbies

Cooking, working in a team, playing/watching football, gardening, travelling different place, listening music, swimming etc.

PERSONAL DETAILS

Name	: Sardakhar Sapkota
Citizenship	: Nepal
Date of Birth	: 16-10-1979
Gender	: Male
Language known	: English, Hindi/Indian, Nepali, Arabic
Marital Status	: Married

REFERENCES

Available upon request.