

Tayyaba Mariam

Assistant Chef

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Lisbon, Portugal

<https://taibamariam.github.io/portfolio/>



My Profile

I am a culinary arts professional with formal training and hands-on experience in professional restaurant kitchens. I currently work in daily service environments, developing strong foundations in preparation, consistency, and teamwork. My focus is on growing step by step into a confident chef with solid back-of-house skills and increasing service responsibility.

Languages

- English (Fluent)
- Portuguese – Basic (A1, learning)
- Urdu / Punjabi – Native

Skills

- Mise en place & service preparation
- Soups, rice & legume dishes
- Seafood preparation
- Cold starters & basic plating
- Hygiene & food safety
- Teamwork in fast-paced kitchens
- Critical Thinking

Work Experience

CAL Arrifana, Portugal

Kitchen Assistant

2025 - PRESENT

- Involved in daily professional kitchen operations and service
- Prepared traditional Portuguese dishes including soups, rice & legume dishes, seafood, and cold starters
- Supported mise en place, portioning, and plating during service
- Maintained hygiene, organization, and service pace in a busy kitchen environment

Domino's Pizza – South Yorkshire, UK

Shift Manager

2021-2023

- Worked in a fast-paced food service environment focused on speed, consistency, and accuracy
- Ensured hygiene, food safety, and cleanliness standards during service
- Coordinated tasks and service flow during busy periods

Education

Escolas do Turismo de Portugal – Lisbon

Diploma in Culinary Arts

2024 - 2025

Sheffield Hallam University – UK

MSc Hospitality & Tourism Management

2024 - 2025

Selected culinary work

Daily Restaurant Service

Cal Arrifana, Portugal



Sweet Potato
Cream



Algarvian Humus



Codfish Toast



Octopus Salad



Preparing Açaí Bowl



Goat Cheesecake
with Red Fruits Ice Cream

Culinary training

Escolas do Turismo de Portugal



One bite delights



Desserts

References

Professor de Inglês
Escola de Hotelaria e Turismo de
Lisboa

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