Anthony Kistow

#345 Homeland Gardens

CUNUPIA

749-8419

[anthony141947@hotmail.com](mailto:anthony141947@hotmail.com)

*Prep cook with approximately 2 years’ experience working with American branded and creole restaurants with a seating capacity of approximately 100 Guests. Recognized for ability to prep all kinds of ingredients with care and according to recipe specifications.*

**PROFESSIONAL EXPERIENCE**

**519 Restaurant C3 Mall**

***Prep Cook***

* **Worked in grill and Frying stations with approximately 30 seating capacity with expertise in cooking Seafood and Poultry.**

**ZanziBar, Price Plaza, Chaguanas**

***Line cook***

* **Prepared food items in a 50 seating Restaurant within lunch and Dinner Services**
* **Quickly learned any new recipe and food preparations techniques**
* **Participated in monthly catering services with 100 guests**
* **Unloaded food supplies from Distributor trucks, efficiently organizing inventory 10% faster than other staff members**
* **Performed routine cleaning procedures across the Kitchen**
* **Ensured 100% clean supplies including cook ware dishes and utensils were in place**

ADDITIONAL SKILLS

* **Food Handlers Permit**
* **Skilled in utilizing kinds of knives, grinders, mincers etc.**

EDUCATION

**University of the West Indies Open Campus -**

**Certificate of Proficiency –Bread, Cakes & Pastries (A+) 2016**

**SERVOL/Chaguanas Regional Life Centre- Computer Literacy (B) 2015**

**SERVOL Hi-Tech Centre- Computer Literacy Programme (A) 2015**

**SERVOL Hi-Tech Centre- Advanced Skills Programme –Computer**

**Repairs and Programming 2015**

**SERVOL Vocational Certificate- Food Preparation (B+) 2014**

**SERVOL Vocational Apprenticeship Programme- Food Preparation 2014**

**Ministry of Tertiary Education and Skills Training, National Examinations Council- Certificate of Acquired Competencies-Food Preparation (A) 2014**

**Chaguanas Regional Life Centre- Certificate of Participation 2013**

Volunteer

* **Participated in catering services with 400 guests at The President of The Republic of Trinidad & Tobago official residence**
* **Assisted with Mixology duties at various special Events**

References

Mr. Amrit Singh

ZanziBar

Cell 326-8587