

Mohamed Ahmed

CHEF ASSISTANT

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Objective

Experienced kitchen professional with over ten years in commercial kitchens, offering strong expertise in food preparation, safety, and sanitation. Proficient in using kitchen equipment and following recipes to deliver high-quality dishes in a fast-paced environment. Known for punctuality, teamwork, and an eagerness to learn. Ready to contribute to the success of Urban Kitchen and Deli by supporting the chef and team in achieving excellence.

Experience

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| Mashhour 2000 | 2000 - 2003 |
| <ul style="list-style-type: none">• Work As Master Chef .• Cooking Egyptian Kushery .• Purchasing ingredients .• Supervising the dining hall . | |
| Moody Kitchen | 2015 - 2020 |
| <ul style="list-style-type: none">• Work As Master Chef .• Food Preparation.• Fast Food Ingredients Monitoring Stocks.• Preparation and cooking of large quantities. | |
| Mama's Kitchen | 2020-2023 |
| <ul style="list-style-type: none">• Prepared meals according to recipe specifications while ensuring timely and sanitary service.• Managed inventory by restocking stations and reporting supply shortages.• Operated kitchen equipment safely, maintaining a clean and organized work area.• Collaborated with the kitchen team to meet production goals in a fast-paced setting.• Ensured compliance with all food safety regulations and kitchen standards.• Tracked and controlled food and labor costs through effective planning. | |

Education

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| Advanced Academy | 2003 |
| Bachelor of Computer Science | |
| ISI Institute | 2012 |
| MCSA | |

Skills & abilities

- Strong knife skills and advanced cooking techniques.
- In-depth understanding of food safety and sanitation standards.
- Expertise in food prep, including frying, sautéing, and meat cooking.
- Effective time management and ability to thrive in high-energy environments.
- Proficiency in executing recipes with precision.
- Strong teamwork and communication skills.
- Ability to follow safety procedures and maintain cleanliness.
- Organizational skills for kitchen management and task prioritization.
- Basic computer literacy for inventory and stock management.
- Capable of standing for extended shifts and working under pressure.