CURRICULAM-VITAE

Jitender Kumar

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Objective:

Seeking a position to utilise my skills and abilities in an organisation that offer professional growth while being resourceful innovative and flexible

Job Title:-Executive Indian Chef

PROFESSIONAL EXPERIENCE:

My experience till date is unique in terms of exposure I gained from a career span April 2008 to till date. The details are given below:

Currently Working with- "The Jehan(Banquet & Resort)"

Designation : Executive Chef .
Reporting : To Corporate.

Work Experience:

- > Presently working with The Jehan (Banquet & Resort) as an Executive chef from Jan 2018.
- > Two year worked with curry in a hurry ltd, Mukuba mall, kitwe ,Zambia as a chef from 23 sep 2015 to 30 dec 2017
- ➤ Nine month worked with The Jehan as Executive sous chef from 17 jan 2015 to 20 sep 2015
- Three years Six month Worked with The Village Kwality group as Executive chef from 25 June'2010 to 25 December 2014.
- ➤ Three year seven month worked in Great Indian Restaurant Company as Sous Chef from November 2006 to June 2010

- ➤ Four year worked with hotel Jay Pee Siddhartha, Rajender place new Delhi as a CDP, 20 Oct 2002 to 8 Nov'2006.
- Two year worked with hotel Clark Inn New Delhi as a Tandoor & curry chef from 23 April 2000To 22 Aug'2002.
- Two years worked with hotel Connaught Connaught place New Delhi as a DCDP from 22 march 1998 to 21march 2000.

Professional Qualification:

➤ Food & beverages production done 3 year apprentices diploma from the United coffee house restaurant form 1995 to 1998 and specialisation north Indian Curries, Mughlai kebabs, breads, & biryani,

Key Skill:-

- ➤ Good Spoken Communication
- > Positive Attitude
- ➤ Ability to Master Unfamiliar Material Quickly

Educational Qualification: -

- > Sr. Secondary with C.B.S.E Himachal board in1993
- ➤ 10+2 CBSE board From New Delhi'1994.

Job Responsibilities:

- To plan and organise the actual preparation of food in the in the kitchen to ensure the Mis in place.
- To ensure strict food serving standard with regard to presentation and Garnishes.
- Preparation and dishing out a la carte orders.
- > To ensure proper portions as per the standard recipes.
- > To inform GM of any mechanical defect in the Equipment in his section.
- > To ensure strict hygienic standards in the kitchen.
- > Clearing of working areas and equipments used during the Preparation of dishes.
- > Ensuring strict hygienic conditions around his place of work and Equipments.



smoky, succulent flavours of chicken skewer, pork ribs, lamb chops. cottage cheese and mushroom

PAPIA LAHIRI AND **ADITI PANCHOLI**

THE ASIAN AGE

As winters get warm and we have all moved out of self-imposed exile from heated rooms, it is time to line up the skewers and set-up a barbeque to celebrate the sheer joy of cooking over fire in the great outdoors! One of the oldest means of cooking, barbequing also helps in perking up a party as guests can hover around, enjoy their drink and absorb the emanating fragrances from the barbeque.

"Roasting meat over fire has been around since humans lived in caves, and long before refrigeration, smoking meats was a worldwide method for preserving it. Some like to think that barbeque, like jazz, is an American invention. However, in India, food has been cooked over coals in ceramic urns called tandoors for centuries, and even in Japan the Kamado, another ceramic cooking urn, has been around for about 3000 years," explains Chef Neeraj Sharma, Bellagio restaurants. Keeping the weather in mind, he suggests, "Stuffed mushrooms, malai brocolli, chicken skewer, and lamb chops would be lovely options for barbeque.

Strong flavours (herbs and chillies) as well as something slightly sweet gives a delightful flavour to most barbeque dishes. Most of the time the dishes are accompanied by

Set up a barbeque at your terrace, enjoy the moky, succunt flavours of the flavours of the successful flavours of the successful





(Clockwise from below) Cambodian Busa from Cafe Ludus, pork ribs from Smoke House BBO and artichoke barbequed asparagus with potato salad from Mosaid

barbeque sauce made of tomato, hint of pineapple and Worcestershire sauce and it tastes heavenly. A garlic yoghurt dip or sour cream are also great options," says Diwas Wadhera, chef, Mosaic hotel. Talking further about the essential flavours, chef Jitender, Colour 'N' spice says, "Smoky flavour from charcoal/lawa stone is very essential. Spices like green cardamom, cloves, ginger, garlic are generally used for Indian

Smoky flavour from charcoal is verv essential in a barbequed dish

CHEF JITENDER.



barbeque dishes."

Talking about the importance of marination, chef Amitabh Kumar, Café Ludus, says, "For any barbeque, the right kind of marinade is crit-ical. Some of the flavours that enhance the barbecue are garlic, basil and rosemary. Cinnamon is also widely used and it totally revs up the taste buds." chef has also created almost 50 varieties of sauces to go with the barbeque dishes, "Some of the sauces that I serve, include peri peri sauce jerk sauce and many more varieties," he says

In the southeastern United States, the word barbeque is used predominantly to refer to roast pork, while in the southwestern states, cuts of beef are often cooked. A barbequed pork rib is a real delicacy. "While pork and beef are considered ideal barbeque dishes, but in India one can find British Asian style halal barbecue including chicken kebabs, marinated chicken wings, sweetcorn and assortment of veggies," says chef Vincent Joseph and Vijay Demi, Rooftop Barbeque.







TUBULAR Lotus stem curry

A stem that is lesser known

hough a popular and a common vegetable in Jammu and Kashmir and Punjab, the lotus stem is also called Nadru, Kamal Kakdi or Bheen and loved by people in other parts of the country too. From making kebabs to curries, pickles, kofte and tikkis, people use this succulent stem to make really interesting and lip-smacking dishes.

For all those who are wondering what a lotus stem is -it is the matured stem of the lotus flower. Generally, it is found coated with mud due to the surroundings in which it grows. However, it is actually the mud that acts as a protective covering and keeps the stem fresh for a longer period. Therefore, it is suggested to wash the stem carefully and properly before using it.

ing it.

"Food lovers cannot resist themselves when lotus stem snacks like kebabs are on the plate," says Chef Jitendra of Colours 'N' Spice Restaurant at Asiad Village. "After washing the stem properly, it is boiled and grated. After this, it is stuffed with spicy potatoes, paneer or cheese and then deep fried to enhance the overall taste."

The tikkis flavoured with different spices taste even better. Grated Lotus stem,



CRISPY Lotus stem chips

potatoes and spinach are mixed together in corianderchilli paste and are delicately flavoured with fennel powder, which is an ultimate gastronomic delight.

Other popular food items made from the stem are Nadru ke gullar in Amritsari vadi ki gravy and Nadru Yakhni. Executive Chef, Waves lounge bar N' live grills, Rakesh Puri, says, "Nadru ke gullar is dumplings of lotus stem stewed in Indian gravy, spiced with urad dal vadi while Nadru Yakni is a typical Kashmiri dish with thin gravy in



white colour. The lotus stem is popularly known as Nadru. So, if we name a dish with the word nadru included in it, food lovers show their eagerness to taste it. Surprisingly if we give dish another name other than nadru, people shy away from tasting it!"

As lotus stem dishes are cooked in lots of spices, chef Rakesh says, "The stem itself is bland so a lot of spices make it rich and tasty, instead of simple and light."

Besides, being cooked in gravy or used in pickles, nadru makes for a great sweet snack too! "Crispy kamal kakdi can also be caramelised with honey and topped with sesame seeds. It makes for wonderful snacks," says chef Rakesh. Time to try the wholesome, humble nadru!

DHNS

खाना-खजाना

किचन की दनिया के सरताज बता रहे हैं

दीवाली के कुछ खास व्यंजन बनाने की विधि

श्रीफल की तप्रतरी



200 ग्राम नारियल, 100 ग्राम चीनी पिसी हुई, 30-50 ग्राम चिराँजी, 50 ग्राम काजू, 50 ग्राम बादाम, 100 ग्राम खोया, 10 ग्राम छोटी इलायची पिसी हुई

विक्रि

• एक भारी तले वाले पैन में खोया डालकर धीमी आंच पर सुनहरा होने तक भून लें। इसे लगातार चलाती रहें।

 बादाम, काजू काट लें। नारियल कस लें। फिर

ब्लेंडर में डालकर ब्लंड करें। • खोया जब

ठंडा हो जाए तब उसमें चीनी और नारियल मिश्रण मिलाएं।

अच्छी तरह मिलाने के बाद छोटी-छोटी

गोलियां बना लें। आप चाहें तो थोड़ा नारियल मिश्रण बचा लें और गोलियों के ऊपर उसका कोट लगाएं। ठंडा करके सर्व करें।

(होटल द जनपथ, दिल्ली, शेफ संदीप कत्याल)

गुलाब जामुन



300 ग्राम खोया, 100 ग्राम छेना, 10 ग्राम सोडा बाइकाबॅनिट, 3 टेबलस्पून मैदा, 1/4 टी स्पून पिसी इलायची, 2 कप चीनी, तलने के लिए घी विधि

- खोया और छेना को मसलकर एक तरफ रख दें।
- सोडा, मैदा, इलायची और धोडा सा पानी खलकर नर्म गूंध लें। कुछ देर सेट होने के लिए रखें। फिर बराबर-बराबर गोलियां बना लें।
- अब एक कड़ाही में दो कप पानी और चीनी डालकर चाशनी बनाएं। एक अलग कडाही में भी डालकर गर्म करें और मैदे की गोलियों को चिकना करके धीमी आंच पर सुनहरा तल लें। फिर इन्हें

चाशनी में डालकर रखें। आप चाहें तो केसर के धागे भी बीच में भर सकती हैं। (गुडगांव, होटल मैरियट के कोर्टयार्ड रेखां के



पनीर पापड की राजी



350 ग्राम मलाई पनीर, 2-3 उड़द के पापड़, 150 ग्राम उबले हुए प्याज का पेस्ट, 40 ग्राम काजू पेस्ट, 200 ग्राम ताजा टोमैटो प्यूरी, 1-2 साबुत लाल मिर्च, 3 ग्राम हल्दी पाउडर, 5 ग्राम जीरा पाउडर, 10 ग्राम साबुत जीरा, 5 ग्राम यलो चिली पाठडर, 5 ग्राम हरी मिर्च कटी हुई, 10 ग्राम धनिया पाठडर, 10 ग्राम अदरक कटा हुआ, 3 ग्राम गरम मसाला, 60 ग्राम देसी घी, 1 लीटर पानी

माध्र)

 एक भारी तले वाली हांडी में भी डालकर गर्म करें। साबत लाल मिर्च व जीरा डालकर चटकाएं। उबले प्याज का पेस्ट डालकर भूनें। जब सुनहरा होना शुरु हो जाए तब हल्दी पाउडर, नमक, यलो चिली पाउडर, धनिया पाउडर, जीरा पाउडर, डालकर अच्छी तरह भूनें।

 जब मसाला चिकनाई छोड़ने लगे तब टोमैटो प्यूरी डालकर अच्छी तरह चलाएं। 10-15 मिनट तक पकाएं।

• काजू पेस्ट डालकर 5-6 मिनट पकाएँ। जरूपत हो तो पानी मिलाएँ। जब ग्रेवी तेल छोडने लगे तब 250 मिली, पानी, पनीर, क्रश किया हुआ पापड डालकर पकाएं। गरम मसाला, हरी मिर्च और अदरक डालकर गरमागरम सर्व करें।

(हिल्टन होटल नई दिल्ली के शेफ इरफान)

शाही दुकड़ा



ब्रेड स्लाइस (किनारा हटाकर तिरछा काटें), 4 टेबलस्पून देसी भी, डेढ़ कप दूध, 5 टेबलस्पून चीनी, चुटकी भर इलायची पाउडर, 25 ग्राम पिस्ता विधि

• एक सॉसपैन में दूध और चीनी डालकर धीमी आंच पर लगातार चलाते हुए पकाएं। 1 टी स्पन घी डालें ताकि दूध उबल कर बाहर न गिरने पाए। गादा होने तक चलाते

• जब दूध आधा हो जाए तब पिस्ता और इलायची पाउडर डालकर चलाएं। एक अलग पैन में ब्रेड स्लाइस को भी में सुनहरा तल लें। फिर इसे दूध वाले मिश्रण में 2 मिनट के लिए डुबोएं। सर्विंग प्लेट पर रखें। कटे हुए पिस्ते और चांदी के वर्क से सजाकर फ्रिज में रखें और ठंडा-ठंडा सर्व करें।



कच्चे केले के कोपते



150 ग्राम कच्चा केला, 10 ग्राम कटी अदरक, 10 ग्राम कटी हरी मिर्च, 5 ग्राम जीरा, 2 इलायची के दाने, 1 ग्राम हींग, 2 ग्राम गरममसाला, 100 ग्राम फेंटा हुआ दही, 2 लॉंग, 2 तेजपत्ता, 1 टी स्पृत हल्दी, स्वादानुसार नमक, 500

मिली पानी, 10 ग्राम कटी हरी धनिया

- केले को उबालकर छील लें और मसल लें। शेष सामग्री मिलाकर बराबर-बराबर गोलियां बनाकर सुनहरा
- एक अलग कड़ाही में 1 टी स्पून तेल डालकर गर्म करें और लॉंग, तेजपत्ता, जीरा, होंग, अदरक, हरी मिर्च द्धालकर चटकाएं। फिर फेंटा हुआ दही, गरममसाला, नमक और पानी डालकर चलाएं।
- एक उबाल आने पर केले के कोफ्ते डालकर कुछ मिनट तक धीमी आंच पर पकाएं। उतारने से पहले धनिया डालें। गरमागरम सर्व करें।

(32 माइलस्टोन, गुडगांव, एग्जीक्यृटिव शेफ अवतार सिंह राणा)





संजीव कपूर मास्टर शेफ www.sanjeevkapoor.com

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पनीर (कद्दूकस किया) 500. क्रिस्पी पूरी आवश्यकतान् तेल 1 बड़ा चम प्याज (कटा हुआ) अदरक-लहसुन पेस्ट 1-1 चम्मच हरी मिर्च (कटी हुई) 3-4 टोमैटो प्यूरी 3/4 कप पावभाजी मसाला 3-4 बड़ा चम्मच नमक स्वादानुसार चाट मसाला आधा बड़ा चम्मच कटा धनिया पत्ता 2-3 बड़ा चम्मच

एक तबे पर तेल गर्म करें और प्याज को हल्का ब्राउन होने तक भूनें। इसके बाद लहसुन-अदरक पेस्ट भी मिलाएं और चलाते हुए भूनें। अब थोड़ा पानी डालें और हरी मिर्च डाल कुछ मिनट और भूनें। इसके बाद इसमें टोमैटो प्यूरी, पावभाजी मसाला, नमक और चाट मसाला डाल मंद आंच पर भूनें। जब मसालों से तेल छोड़ने लगे तब इसमें पनीर और आधी धनिया पत्तियों को डालें और चलाते हुए मेंद आंच पर ही दो मिनट पकाएं। अब तैयार है भरावन सामग्री। अब प्रत्येक पूरी में होल बनाएं और पनीर वाली सामग्री को अंदाज से स्टफ कर धनिया पत्ता से सजाकर सर्व करें।





जितेन्द्र, शेफ Colours 'N' Spice Kwality Group

या बनाए

दूध और चीनी को एक साथ किसी बर्तन में गर्म करें। उबलने के बाद:इसमें एक चम्मच थी डालें और इसे आधा होने तक चलाते हुए उबालें। इसमें ध्यान रखना है कि दूध उफनने न पाए। हल्का गाढ़ा होने के बाद दूध को चूल्हे से उतार लें और इसमें पिस्ता, इलायची पाउडर मिला लें। अपनी इच्छानुसार केसर भी मिला सकती हैं। अब एक अलग बर्तन में घी गर्म करें और कटे हुए ब्रेड को गोल्डेन ब्राउन तल लें। तले हुए ब्रेड को चीनी मिले अलग दूध में दो मिनट तक डुबोकर रखें। दूध से निकालने के बाद ब्रेड को पहले से तैयार दूध वाले मिश्रण में डालें। फिर इन्हें सर्विंग एलेट में रख, ऊपर से पिस्ता डालें और सिल्बर पेपर से सजाकर कुछ देर के लिए फ्रिज में रखें।

While Big B's all time favourite is chaat, Katrina's pet is simple rice kheer. Here's a peek into the Bollywood kitchen as city chefs recreate some of the stars' favourite dishes

nlike other festivals, Diwali is when one prefers to stay at home, lighting up each corner of the house and whipcorner of the beuse and whip-ping up a special need for friends and family. Even our big Hollywood stars believe in staying frome and celebrating this festival, savecaring their fewerarie food. While buzz is that at the Buchchan house-hold, Diwali is going to be big as it's Big B's grand-daughter Asradhya's first Diwali, the big Kapoor family — Rishi, Randhir, their kids Rambir, Riddhirms, Karreena. Riddhima, Kareena,

Karishma and the rest - visit Rarismma and the rest — visi each other and a lavish non-vegetarian spread is laid out on Divail. While this year, Ranbir is off to Mauritius with actor Katrina Kaif for a with actor Karthea Kaif for a Diwall flarethon there, it's Karsecra's first Diwall post her wedding to actor Saif Ali Khans. So, as Bolly wood gets busy celebrating their festival of lights, we bring to you the recipes of some of their most-loved dishes that you can make at home coday. Dine like the stars and impress your guesta! guests!

DEBASMITA SHOSH

AmitabhBachchan Sev Paand Chaat

Shah RukhKhan

Lamb Raan

RanbirKapoor

Mutton Lava





paspdis. Drizzle sweet chutney and mint chutney on top. Now sprinkle salt and chilly powder and chist masals. Top it with also busis or sew and finely chapped corlander leaves. Sev paspdi chast is ready to eat.

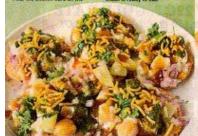


the refrigerator. Fry shahl joera along with silcod onions. Put the lamb in a pot and pour in hot oland the fried onions over it. Partially immarse the lamb jeg in meat slock and cook on slow flams. When the meat is 80% cooked cook on high flams to dry up the moisture. Allow it cool. Place the meat in a tandoor for a 10-12 minutes or preheated oven for 12-15 minutes.



Method: Wash the mutton rep and pat dy. Now, mix the orions, garlis, black pepper, coriander, zeera, salt, chillies and oil in a bowl and smoar all over the the mutton legs. Leave





Katrina Kaif

If you thought sugar was a strict no-no for our Bollywood divas in order to maintain their svelte curves, you have to hear it from Katrina, whose tavourite food is rice in supary milk with a hint of cardamon. Once, in an interview Katrina confessed that she's so land of this simple rice likeer that she can have it at any time of the



day. Chef Manoj Upadhyay of Raas whips up Kat's favourite rice kheer.

kheer. Ingredients: 1 cup cooked rice (chawal), 2 cups milk, 1/3 cup condensed milk, 2 this sugar, 1/2 tsp cardamom (elaichi) powder, 1

milk and condensed milk in a broad non-stick pan and simmer orous non-stock pan and similer on a flame, stirring continuously, for about 10 minutes. Add the sugar, cardamom powder and ghee and mix well till the sugar has dissolved. Serve hot.



Kareena Kanoor

No, she doesn't survive only on air and water. Now, how she manages to maintain her size zero figure inspite of her love for food is of course a secret. She tuned vegetarian in 2005 and loves to gorge on Italian food with pizzas topping the list. Chaf Ultiam of Pizzasis Rossa creates Bebo's fevourite veg extraveganza pizza. Ingredients: 1 pizza base. 1 Ingredients: 1 pizza base, 1 spoon chiese spread, 1 spoon pizza spread sauce, 15 thep oil, 1 onten, 1 capsicum, 1/2 tsp oregano or ajewah, tomato sauce (For base application), salt to taste, 1,5 tsp red chillipowder, 1/2 tsp pepper powder. 1/2 tsp pepper powder. Method: Preheat Microwave at 180 degree temporature. Take a readymade Pizza Base and apply on the base the minute of pizza spread sauce and Cheese pizza spread sauce and Cheese spread. Chop veggies into small pieces and add salt, oregano,



pepper as per your taste, spread the mixture on base. Place the Ready Pizza base and microwave for 15-20 mins. Relish hot pizza.



PriyankaChopra





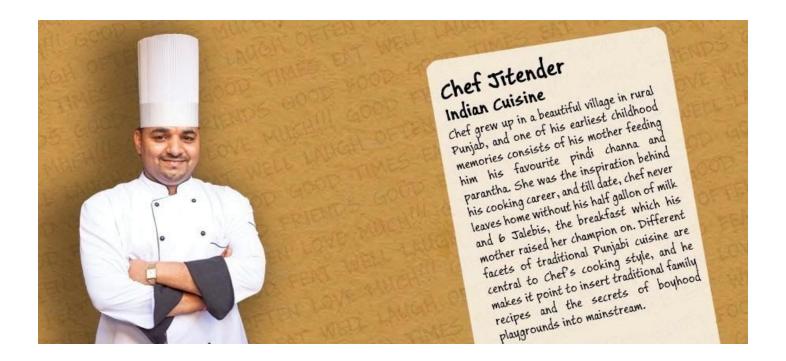
Perhaps the biggest foodle among all Bollywood actors, Pee Cee is a true blue Punjabi absolutely in love with her butter chicken and all things junk. From French fries to pasta and cheese-lader chicken passa and creese-sacer chicken burger, Piggy Chop loves going champ chomp! Here's how yee can make Priyanka's tavoerite cheese chicken burger, courtesy chef Jubin Katar of Café Cruse.

Katar of Carle Cruise. Ingredients 250 gm boneless Chicken, 1 onion, finely chopped, 2 groen chilles, 1 egg, 1/2 cup Bread crumbs, Salt to taste, 1/2 cup Mayonnaise, 6 siloss cheese, 1 top Paraley, Chashed black pepper to taste, 3 top mustard paste, Burger

Method: Sprinkle salt and black pepper on chicken. Grind the



chicken and green chilles in a chapper. Now put this mixture in a dish, and add egg, parsley and bread crumbs. Knead it well. Make medium-sized bolls and then flatten them in to take the shape of burger kebabs according to the size of the burs. Apply of on baking tray and put these kebabs on the tray and bake them till they are done. Now take them out from oven done. Now take them out from over and place a cheese slice on each ketab and bake them again till the cheese melts over the keballs. Lightly tosst the burger burs and apply mayornaise and mustard paste on each side. Place chicken keball on the bottom half of the bun. Top it with salad leaves. Place the top half of bun and enjoy it with lots of fries.



PERSONAL DETAILS:

Father Name: Late Sh Om Prakesh Dogra

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Religion: Hindu

Nationality: Indian

Marital Status: Married

Language Known: Hindi, English

Passport No:

Date:-__/__/2017

Place:-New Delhi (Jitender Kumar)