

## RESUME

SHINTO SUNNY THOMAS  
KOCHUMATHILIL(H)  
MANNANKARACHIRA  
KAVUMBAHAGAM P.O  
THIRUVALLA  
PATHANAMTHITTA DIST-686102  
KERALA.INDIA,  
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### CAREER OBJECTIVE

To obtain a job where I can apply my abilities, experience as well as giving the opportunity for the increasing level of responsibilities, professional growth and efficiency.

### ACADEMICS QUALIFICATION

Examination Passed/Course	University/Board	Name of the Institution	Year of Passing	Percentage
FCI- Food Production	State Board of Technical Education	Food Craft Institute Kumaranalloor, Kottayam	2017-2018 batch	70%
Plus Two	Kerala Higher Secondary Examination	St.Johns H.S.S Eraviperoor	2012-2013	65%
S.S.L.C	Kerala Public Examination	M.G.M H S S Thiruvalla	2010-2011	70%

### PROFESSIONAL EXPERIENCE

➤ Organization : **Chennavala Restaurant, Edapally.**  
Designation : CDP (Duration : From January,2019 to present)

#### Duties and Responsibilities

- Takes care of daily food preparation and duties assigned by the superiors to meet the standard and the quality set by the Restaurant.
- Follows the instructions and recommendations from the immediate superiors to complete the daily tasks.
- Coordinates daily tasks with the Sous Chef.
- Responsible to supervise junior chefs or commies.
- Able to estimate the daily production needs and checking the quality of raw and cooked food products to ensure that standards are met.
- Ensure that the production, preparation and presentation of food are of the highest quality at all times.
- Ensure highest levels of guest satisfaction, quality, operating and food costs on an ongoing basis.

- Knowledge of all standard procedures and policies pertaining to food preparation, receiving, storage and sanitation.
- Full awareness of all menu items, their recipes, methods of production and presentation standards.
- Follows good preservation standards for the proper handling of all food products at the right temperature.
- Operate and maintain all department equipment and reporting of malfunctioning.
- Ensure effective communication between staff by maintaining a secure and friendly working environment.
- Establishing and maintaining effective inter-departmental working relationships.
- Have excellent knowledge of menu creation, whilst maintaining quality and controlling costs in a volume food business.
- Personally responsible for hygiene, safety and correct use of equipment and utensils.
- Ability to produce own work in accordance with a deadline and to assist and encourage others in achieving this aim.
- Checks periodically expiry dates and proper storage of food items in the section.
- Consults daily with Sous Chef and Executive chef on the daily requirements, functions and also about any last minute events.
- Guides and trains the subordinates on a daily basis to ensure high motivation and economical working environment.
- Should be able to set an example to others for personal hygiene and cleanliness on and off duty.
- Daily feedback collection and reporting of issues as they arise.
- Assess quality control and adhere to hotels service standards.
- Carry out any other duties as required by management.

➤ Organization : **Mermaid Hotel , Kochi**

Designation : Commi II Duration : 6 Months (From August 2018 to January,2019)

### Duties and Responsibilities

- Prepare the food dishes
- Responsible for assisting Executive Chef in maintaining the overall cleanliness and equipment maintenance of their areas
- Properly label and date all products to ensure safekeeping and sanitation
- Always keep all refrigeration, equipment, storage and working areas in clean, working condition in order to comply with health department regulations
- Maintain overall cleanliness
- Delegates and assists in preparing of cold food items like salads, sandwich etc.
- Responsible for proper usage of raw materials and equipments
- Ensures proper storages of raw materials
- Ensures the store kick- up is proper

➤ Organization: **Lords Resorts, Thrissur**

Designation: Commis-II Duration. : 15<sup>th</sup> July, 2017 to 16<sup>th</sup> April, 2018.

### Duties and responsibilities

- Provide the highest and most efficient level of hospitality service to the hotel guests.

- Works in the designated station as set by Executive Chef and/or Sous Chef.
- Able to organise the assigned work area and efficiently put away orders.
- Able to prepare and sell food within recommended time frames to meet Guest expectations.
- Able to operate kitchen equipment like braising pan, baking ovens, stoves, grills, microwaves and fryers.
- Able to produce quality product in a timely and efficient manner for the guests or staff.
- Responsible to maintain cleanliness, sanitation at the assigned work area.
- Responsible for preparing and cooking all food items by the recipe and to specification.
- Prepare ingredients for cooking, including portioning, chopping, and storing food.
- Prepare all menu items by strictly following recipes and yield guide.
- Cook food according to recipes, quality standards, presentation standards and food preparation checklist.
- Prepares, seasons, and cooks a wide variety of meats, vegetables, soups, breakfast dishes and other food items.
- Slices grind and cooks meats and vegetables using a full range of cooking methods.
- Wash and peel fresh fruits, vegetables and also able to weigh, measure and mix ingredients on correct proportions.
- Have general knowledge of cooking temperatures, making soups & sauces, preparing entrees, vegetable preparation and a la carte cooking.
- Set-up the station with par stocks of menu items, and prepare the dishes designated for that station.
- Checks supplies and prep lists and ensures all items are prepped in a timely fashion.
- Replenishes service lines as needed and restocks and prepares the workstation for the next shift.
- Ensures that all products are stored properly in the correct location at the appropriate levels at all times.
- Communicate any assistance needed during busy periods and report any incidents to the Sous Chef to ensure optimum service to guests.
- Check and ensure the correctness of the temperature of appliances and food.
- Serve food in proper portions on to correct serving vessels and plates.
- Wash and disinfect kitchen area, workstations, tables, tools, knives and other equipment.
- Maintain correct portion size and quality of the food to the hotel's standards.
- Minimise waste and maintain controls to attain forecasted food cost.
- Review status of work and follow-up actions required with the Head Cook before leaving.
- Assists in providing on the job training & development of new cooks.
- Assists other Team Members in the kitchen when needed or perform any other tasks assigned by the hotel management.

□ Organization : **M.G.M Boarding Home, Thiruvalla.**

Designation : Commi II Duration : (From August 2013 to January,2016)

### **Duties and Responsibilities**

- Always keep all refrigeration, equipment, storage and working areas in clean, working condition in order to comply with health department regulations.
- Ensures that assigned work area has proper level of par stocks and supplies
- Properly label and date all products to ensure safekeeping and sanitation.

- Responsible for assisting Executive Chef in maintaining the overall cleanliness and equipment maintenance of their areas
- Strong communication, leadership, and conflict resolution skills.
- Perform all other job related duties as requested by the management

## COMPUTER KNOWLEDGE

- ❖ Proficient in Computer/ Internet & E-mail tools
- ❖ Tally
- ❖ M.S.Office

## PERSONAL DETAILS

Name : **Shinto Sunny Thomas**  
Father's Name : Sunny Thomas  
Date of Birth : 15-12-1994  
Sex : Male  
Marital Status : Single  
Nationality : Indian  
Language Known : Malayalam, English, Tamil, Hindi.

## REFERENCE

Mr.Gireesh.S  
Principal  
FCI  
Kottayam  
Mob:9447956321

## DECLARATION

I hereby declare that all above mentioned are true and correct to the best of my Knowledge and belief. I will do my best if you are giving me a chance to work in your Institutions.

**Place: Kochi**

**Date: 10/09/2019**

**Shinto Sunny Thomas**

