Janak Sapkota

89 Stewart Road, Falkirk, FK2 7AQ, United Kingdom

**Mobile:** 07810568974 **E-mail:** naturerose4u@gmail.com

Personal Profile Statement

I am a passionate and experienced chef seeking a new opportunity in a fresh food kitchen. In my most recent role, I helped transform a quiet restaurant into a thriving business by designing an exciting menu of traditional favourites, cooked to a high standard. I have a strong flair for menu planning, food presentation, and working with fresh ingredients. Skilled in developing innovative Mexican dishes, cost analysis, and leading kitchen teams, I consistently maintain high standards in food hygiene and safety. Motivated, detail-oriented, and creative, I take great pride in delivering exceptional food and contributing to an outstanding dining experience.

Woking Experience

**2022 – 2025 Speciality Chef Mexican Tex-Mex Bar & Grill**

Main duties performed:

* Plan and implement innovative Mexican dishes, including analysing ingredient costs.
* Lead the kitchen team by organising, delegating tasks, and training staff.
* Ensure high-quality food preparation using fresh Mexican ingredients.
* Design attractive food presentations and decorative displays.
* Maintain strict hygiene and safety standards in the kitchen.

**2019 – 2020 Kitchen Manager Hotel Immortal Inn**

Main duties performed:

* Manage kitchen staff and coordinate food orders.
* Supervise food prep and cooking.
* Order food supplies and kitchen equipment, as needed.
* Maintain sanitation and safety standards in the kitchen area.

**2017 – 2019 Line Cook Hotel Immortal Inn**

Main duties performed:

* Set up and stocked stations with all necessary supplies
* Preparing food for service
* Cook menu items in cooperation with the rest of the kitchen staff

**July 2007 – Nov 2011 Kitchen Helper Mamma Mia Restaurant**

Main duties performed:

* Ensuring the food preparation areas are clean and hygienic
* Washing, peeling, chopping, cutting, and cooking foodstuffs and helping to prepare salads and desserts
* Cleaning the food preparation equipment, floors and other kitchen tools or areas.

Education

**[2012 – 2015]** Bachelor’s Degree Sikkim Manipal University, India

**Grade achieved: C**

**[2008 – 2011]**  Higher Secondary. Srijana Higher Secondary School, Nepal

**Percentage achieved: 51.20%**

**Skills**

* Excellent technical skills (cooking techniques, food storage, serving food)
* Excellent understanding of food hygiene, health, and safety
* Self-motivated and highly capable of motivating a team with experience of doing so
* Able to delegate and organise a team
* Exceptional attention to detail, always striving for the highest standards
* Hard-working, flexible, committed, and loyal

**Hobbies and Interests**

In my spare time, I love photography and travelling. I also like to play table tennis and like to keep myself fit and healthy.